

## **2023 IMX Camp Schedule/Timeline**

Greensboro Aquatic Center - 1921 W. Gate City Blvd., Greensboro, NC 27403

Swimmers will be broken up into groups by age and gender with whom they will travel and work with throughout their session. These smaller groups will allow us to best utilize our space and allow us to maintain social distancing. We will have a yoga/dry station so swimmers need to bring tennis shoes and clothes for that time. Basic snacks will be provided but swimmers should bring their own water bottle with their name on it. If there is a need to contact us during the camp please call the GAC at (336)315-8498 or Coach Jay Dodson - (336)337-0169, Coach Amy Faulk - (704)437-1439, Coach Katherine Holian - (909)803-4387 or Coach Jonathan Watson- (919)395-9585.

	<b><u>Session 1 - 10 &amp; 11 Year Olds</u></b>			
<b>Saturday, 1/21/23</b>	<b>10 Year Old Boys</b>	<b>10 year Old Girls</b>	<b>11 Year Old Boys</b>	<b>11 Year Old Girls</b>
Arrival/Check-in	8:15-8:30	8:15-8:30	8:15-8:30	8:15-8:30
Pool Time 1	8:40-9:25	9:35-10:20	10:30-11:15	11:25-12:10
Yoga/Dryland	9:35-10:20	8:40-9:25	11:25-12:10	10:30-11:15
Pool Time 2	10:30-12:10	10:30-12:10	8:40-10:20	8:40-10:20
Camp Wrap Up	12:20-12:30	12:20-12:30	12:20-12:30	12:20-12:30
Pick Up/Check Out	12:30	12:30	12:30	12:30
	<b><u>Session 2 - 12 &amp; 13 Year Olds</u></b>			
<b>Saturday, 1/21/23</b>	<b>12 Year Old Boys</b>	<b>12 year Old Girls</b>	<b>13 Year Old Boys</b>	<b>13 Year Old Girls</b>
Arrival/Check-in	1:30-1:45	1:30-1:45	1:30-1:45	1:30-1:45
Pool Time 1	1:55-2:40	2:50-3:35	3:45-4:30	4:40-5:25
Yoga/Dryland	2:50-3:35	1:55-2:40	4:40-5:25	3:45-4:30
Pool Time 2	3:45-5:25	3:45-5:25	1:55-3:35	1:55-3:35
Camp Wrap Up	5:35-5:45	5:35-5:45	5:35-5:45	5:35-5:45
Pick Up	5:45	5:45	5:45	5:45